

**Claims 1-6 (canceled)**

**Claim 7 (previously presented):** An infrared heater comprised of two sets of parallel electrically-resistive bars, the corresponding bars of the respective sets being juxtaposed, electric conductors interconnecting corresponding ends of the bars, and connectors for applying 180 degrees out of phase electrical current to the respective sets of conductors so that current flows in opposite directions in corresponding bars at any given point in time.

**Claim 8 (previously presented):** An infrared heater according to claim 7, wherein the two sets of parallel electrically-resistive bars are mounted on opposite sides of the same thin electrically-insulating substrate.

**Claim 9 (previously presented):** A finned infrared source comprised of a base adapted to be heated to uncomfortable-to-the-touch but sufficiently-high temperatures to provide effective infrared radiation, and closely-spaced protrusions of a low heat-conductance material which project away from the base and present temperatures comfortable to the touch even though the base is at uncomfortable temperatures.

**Claim 10 (previously presented):** A finned infrared source according to claim 9, wherein the protrusions are fins separated by less than finger width.

**Claim 11 (previously presented):** An infrared heater according to claim 7, and a protrusioned infrared source comprised of a base adapted to be heated to uncomfortable-to-the-touch temperatures, and protrusions which project away from the base and present temperatures comfortable to the touch when the base is at uncomfortable temperatures.

**Claim 12 (previously presented):** An infrared heater according to claim 11, wherein the protrusions are separated by less than finger width.

**Claim 13 (previously presented):** An infrared heater according to claim 11 wherein the protrusioned-infrared-source base is finned and has valleys between the fins, and the valleys overlie corresponding electrically-resistive bars.

**Claim 14 (previously presented):** An infrared heater according to claim 13, wherein the fins are separated by less than finger width.

**Claim 15 (previously presented):** An infrared heater according to claim 13, and a panel for spacing the heater from any wall on which it may be mounted.

**Claim 16 (previously presented):** An infrared heater according to claim 15, wherein the panel is corrugated and its ridges underlie corresponding resistive bars.

**Claim 17 (previously presented):** An infrared heater according to claim 16, wherein the fins are separated by less than finger width.

**Claim 18 (previously presented):** An infrared heater according to claim 17, and a cabinet having a door mounting the heater on the inside.

**Claim 19 currently amended):** A method of sweating a person, comprising primarily heating the person by direct infrared radiation absorption on several sides.

**Claim 20 (previously presented):** A method according to claim 19, and shielding the person from physical contact with uncomfortable temperatures in the source of the infrared radiation by distancing the person therefrom by protrusions thereon precluding contact therewith.

**Claim 21 (previously presented):** An infrared heater according to claim 7, and a shield overlying the heaters and having low-heat-conductance protrusions extending away therefrom to protect a user from high temperatures in the heater.

**Claim 22-25 (canceled)**

**Claim 26 (canceled)**

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